THE THEOSOPHICAL ORDER OF SERVICE
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Man is By Nature a Vegetarian

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VEGETARIANISM is a thoroughly sound form of diet and scientifically correct for Mankind. Therefore when my colleagues say to me "Are you going home to have your grass pie?" or "I don't know how you can keep so fit on rabbit food" they show their lack of knowledge on the subject of diet.

Man is not herbivorous (that is a grass and herb eater) like sheep, cows, horses, etc., nor is he carnivorous (that is a flesh eater) like the cat or dog, nor again is he omnivorous (an eater of everything) such as the pig and the bear. Linnaeus classified man with the higher apes and they are all vegetarians but not grass eaters. They eat fruit, nuts and grains and are called frugivorous. All the books on comparative anatomy, human anatomy and dentistry will confirm the above statements. Raw meat is detestable to humans, and only after it has been camouflaged by cooking can it be eaten. Many of the names used are designed to camouflage the source of the substance, e.g. pate de foie gras, which is diseased goose liver. It is unnatural for man to kill animals; he has no claws or talons for catching and tearing flesh but soft fingers and nails for plucking fruit. The alimentary tract gives us the chief clues as to the diet best suited to us.

The teeth: The higher apes are all frugivorous. We have the same type teeth. Man and the old world monkeys have 32 teeth (the new world monkeys have an extra pre-molar and therefore have 36 teeth). In man the incisor teeth are well formed, square and close together, suitable for biting fruit; a carnivorous animal on the other hand has small conical incisors, with big spaces between them. The canine or eye tooth in man is no longer than any of the other teeth, whereas in carnivorous animals it is long and strong for catching and tearing flesh. The pre-molars and molars are square and flat for crushing grain and nuts while those of a dog are long and

sharp and inter-digitate to tear flesh. Quoting from Humphreys and Willings Dental Anatomy and Physiology: "Function: The rounded cusps on the molars of both jaws indicate the anthropoidea as fruit, grain and nut eaters". In all respects the higher apes have similar teeth to man. The only slight exception is in the male of the higher apes, the eye tooth or canine tooth is enlarged and is said to be used for defence and for fighting for a mate. We fortunately don't have to fight for a mate in this way. Our teeth are very much softer than those of a carnivorous animal and would disintegrate if we tried chewing a bone like a dog. The omnivorous animals have teeth like the carnivorous species but have a few flat molars at the back for grinding nuts, etc.

The muscles of mastication can also be compared. The large masseter muscle for biting is much larger and stronger in the carnivorous animals than in man, but the pterygoid muscles which are required for the side-to-side movement of the jaw when grinding nuts are much better developed in man.

The saliva of carnivorous animals is acid and plays little part in the digestion of food, therefore they tear up and swallow their food whole or in large pieces. The saliva in man should be just neutral or slightly alkaline and he has to chew his food a long time, the saliva playing a big part in the digestion of sugars and starches. If man lives on a wrong diet his saliva becomes acid and an acid saliva is associated with dental decay (caries). If the saliva is alkaline he may get furring (tartar formation) of the teeth but gets much less caries. Man's tongue is smooth and that of a carnivorous animal is rough.

Man has a much longer alimentary tract than a carnivorous animal but it is shorter than the herbivorous animal. The sacculated colon, the appendix, the skin and nails, all indicate that man is a fruit and nut eating animal.

Man, homo, is classified with the higher apes and he sometimes calls himself homo sapiens. Sapiens means wise, so I think this portion should be omitted until it is more obvious.

Note: Copies of this leaflet can be obtained for distribution upon application to the Hon. Secretary, 50 Gloucester Place, London, W.1.